



## You know what happens when you use tobacco. **BUT WHAT ABOUT WHEN YOU QUIT?**

Quitting tobacco not only improves your health, it will save you money. Quitline Iowa will help you every step of the way. An expert Quit Coach® will support you over the phone and online as you follow a Quitting Plan customized to your needs. You may be eligible for 8 weeks of nicotine patches, gum or lozenges. Stop dreaming about quitting and take the first step toward saving your hard-earned money, and your life.

1.800.QUIT.NOW | [www.quitlineiowa.org](http://www.quitlineiowa.org)  
(1.866.784.8669)



**QUITLINE IOWA**

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